

# Lower limb chair based exercises

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Na żądanie ta ulotka może zostać udostępniona  
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St. Helens Council



## St Helens Reablement Team

<b>Name:</b>	
<b>DOB:</b>	
<b>Therapist:</b>	
<b>Date compiled:</b>	

### Lower limb chair based exercises

<b>Goal:</b>	
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**These exercises are designed to strengthen your leg muscles and improve flexibility**

<b>Exercise</b>	<b>Picture</b>
<p><b><u>Straight leg raise</u></b></p> <ol style="list-style-type: none"> <li>1. Sit up straight, so that your feet are supported on the floor.</li> <li>2. Pull your toes up towards the ceiling and straighten your knee. Hold for 5 seconds.</li> <li>3. In a controlled manner, return to the starting position.</li> <li>4. Do the same with your other leg</li> </ol> <p><b>Repetitions:</b></p>	
<p><b><u>Knee bends</u></b></p> <ol style="list-style-type: none"> <li>1. In sitting, bend your knee backwards as far as feels comfortable.</li> <li>2. Return to starting position</li> <li>3. Do the same with the other leg</li> </ol> <p><b>Repetitions:</b></p>	



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### **Knee raises**

1. In sitting, lift your leg up from the seat, keeping your knee bent. Hold for 5 seconds
2. Return to starting position. Place your foot down with control.
3. Do the same with you right leg

**Repetitions:**



### **Hip out to the side**

1. In sitting, knees bent
2. Move your left leg out to the side and then back in
3. Repeat with right leg

**Repetitions**



### **Ankle Movements**

1. Tap your heels up and down.
2. Tap your toes up and down.

**Repetitions:**





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### Sit to stand

1. Stand up from a chair, using your hands on the arms of the chair to push yourself up.
2. Stand for a moment then reach back for arms of the chair before slowly sitting down

**Repetitions:**



### Static glutes

1. In sitting, squeeze bottom muscles together
2. Hold for 5 seconds then relax

**Repetitions:**

### Precautionary Notes

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